Angela Lynn Pugh

Angela Pugh to marry

Mrs. Jannie Florence Franklin is proud to announce the engagement of her granddaughter, Angela Lynn Pugh, to Michael Andrew Shupe, the son of Mr. and Mrs. Bobby Shupe of Appomattox.

The wedding is planned for Saturday, May 7, 1983 at 2 p.m. at New Hope Baptist Church in Vera.

Although no invitations are being sent, all friends and relatives are invited to attend.

Miss Adams plans wedding

Mr. and Mrs. John W. Adams, Jr. of Roseland announce the engagement of their daughter, Susan Leigh, to Barry Stephen Bennett, son of the Rev. and Mrs. Rex. J. Bennett of Appomattox.

Miss Adams is a graduate of Nelson County High School and is a senior at Longwood College.

Mr. Bennett was graduated from Marion High School and East Tennessee State University. He is employed by Virginia Baptist Hospital.

The wedding is planned for May 28 at 7 p.m. in Bethlehem United Methodist Church in Roseland

Young Hearts Club to meet

The Young Hearts Club will meet at the Evergreen United Methodist Church on Wednesday, March 23 at 10:30 a.m. Members are asked to meet at the Memorial United Methodist Church in Appomattox at 10 a.m. to pool rides.

Thomas Richardson will show slides on the Courthouses in Virginia. There will be special music.

Members are urged to make plans to attend.

Nancy Helen Cutler

Miss Cutler plans wedding

Mr. and Mrs. John William Cutler of Richmond, Virginia announce the engagement of their daughter, Nancy Helen, to Matthew Jennings Bennett of Richmond, son of the Rev. and Mrs. Rex Jennings Bennett of Appomattox, Virginia.

Miss Cutler was graduated from Radford University and the University of Virginia School of Medical Technology. She is currently employed by Henrico Doctors' Hospital.

Mr. Bennett was graduated from John Tyler Community College in Mortuary Science. He is employed by Joseph W. Billey Funeral Homes.

The wedding will take place Saturday, April 9, 1983, 7:00 p.m., at Second Baptist Church, Richmond.

Birth announced

Mr. and Mrs. Marvin Mitchell are proud to announce the birth of their daughter, Anna Michelle Mitchell, born February 25, 1983.

The maternal grandparents are Mr. and Mrs. Oral Ferguson and paternal grandparents are Mr. and Mrs. Hugh Mitchell.

Great grandparents are Mr. and Mrs. Elisha Ferguson and Mr. and Mrs. Calvin Elder.

More entertainment

Entertaining continued Friday and Saturday in connection with the forthcoming marriage of Miss Jeanne Marie Nash to Mr. James Gordon Amos, which will be an event of March 26 in the Memorial United Methodist Church at seven o'clock in the evening.

Saturday evening the couple shared honors at a party given by Mr. and Mrs. R.M. Hanna of Lynchburg and Mr. and Mrs. Curtis M. Demuth of Prospect at the Hanna home on Arkansas Avenue in Lynchburg.

On Friday evening, Miss Nash was honored with a floating shower given by Mrs. Jane Pack and Mrs. Frances Paulette at the Pack home in Appomattox.

An arrangement of fresh spring flowers flanked by candles centered the dining room table.

Among those attending were Mrs. David S. Nash, mother of the bride-elect and friends and relatives of the couple.

Birth announced

Thomas and Deborah Paulette are proud to announce the birth of their son, James Kyle, born March 4 at the Virginia Baptist Hospital. He weighed seven pounds and four ounces.

Maternal grandparents are Mr. and Mrs. James E. Millikin of Farmville.

Paternal grandparents are Mr. and Mrs. Thomas Lynwood Paulette of Appomattox.

Birth announced

Mr. and Mrs. Robert Logan Ensley, Sr., are proud to announce the birth of a boy, Robert Logan Ensley, Jr., born on Feb. 18, 1983. He weighed eight pounds, 10 ounces at birth.

Logan has a sister, Dana, age 3, and a brother, Kevin, age 5.

Paternal grandparents are Mr. and Mrs. Walter Pillow of Gladys, Va., and maternal grandparents are Mr. and Mrs. Lloyd C. Litchford, Sr., of Appomattox.

Great-grandparents include Pearl Ayers, John Ayers and Mary Garrett. Emma McFadden is Logan's great-great-grandmother.

Regina Gail Goggin

Miss Goggin plans wedding

Mr. and Mrs. Alvin Kenneth Goggin, Jr. of Appomattox are proud to announce the engagement of their daughter, Regina Gail, to Mr. Gerald Duane Blanks, son of Mr. and Mrs. Jesse Gerald Blanks of Spout Spring.

Miss Goggin is currently a senior at Appomattox County High School and is employed by the Appomattox Middle School Agriculture Department through the Cooperative Office Education Program.

Mr. Blanks is a 1981 graduate of Appomattox County High School and is currently attending Central Virginia Community College studying in the Medical Laboratory Field. He is employed by Best Products in Lynchburg.

The wedding will be an event of August 20, 1983 at 2:00 in the afternoon at Central Baptist Church in Appomattox. Invitations will be sent out prior to the date of the wedding.

Trent Honored

Miss Lina Trent whose marriage to Mr. Earl B. Houser of Richmond will take place in June was honored recently with a dinner party in the Fellowship Hall at Our Lady of Peace Catholic Church in Appomattox.

Hostesses for the dinner were Mr. and Mrs. William E. Chenault and Mr. and Mrs. Abner Scruggs of Appomattox and Mr. and Mrs. Matthew Lair of Roanoke and Mr. and Mrs. Michael Boggs of Durham, N.C.

Among guests attending were Mrs. Florence Trent, mother of the bride-elect; Mr. and Mrs. Donald W. Houser of Churchville, parents of the groom-elect and relatives and friends of the couple.

MR. AND MRS. A.E. (FRED) ROBERTSON celebrated their 50th wedding anniversary recently at their home on Confederate Blvd. Mr. and Mrs. Robertson have twin daughters, Patsy Robertson Richardson and Betty Robertson Moore and five grandchildren and one great grandchild. Mr. and Mrs. Robertson were married on February 8, 1933.

Good News for Homemakers

By SHIRLEY W. WALTON
Extension Agent

This is Part II of a three-part article on ways to control appetites and cut calories.

1. Drink coffee without sugar and cream.
2. Walk after the evening meal.
3. Use mustard instead of mayonnaise whenever possible.
4. Jump rope if you can do so without doing any harm to your physical structure.
5. Eat an apple as a snack.
6. Eat thin sliced bread--it has only half the calories.
7. Make homemade soup using low-calorie vegetables.
8. Concentrate on doing something enjoyable when you feel hungry.
9. Should you not feel satisfied after a regular meal, drink a glass of water.
10. Try ovaltine hot chocolate--just 50-calories per serving.
11. Drink a cup of hot bouillon--just 5 or 6 calories.
12. Look up the calorie content before you eat a piece of pie or cake--you may decide to eat a smaller portion.
13. Spend your break time doing something other than eating.
14. Cooperate with others--if you work in the office with other overweight persons, make weight loss a group effort. The encouragement is great.
15. Leave a little food on your plate.
16. Use vinegar and lemon juice as a dressing for your salads. Seasoned salt also helps, too!
17. Use sheer determination.
18. Broil instead of frying.
19. Eat a grapefruit for bedtime snack.
20. Eat diet hard candy.
21. Drink V-8 juice. A 6-oz. serving has only 35 calories.
22. Use 1 teaspoon of Russian tea instead of 2.
23. Make a low calorie drink--1/2 cup milk, 1/2 cup fruit, 2 ice cubes, sweet and low to taste--and mix in a blender.
24. Wash under cold running water any fruit packed in a sweetened syrup.
25. Work to get into smaller clothes.
26. Stand in front of a full length mirror and let your goal be to fit into the mirror without lapping over the sides.
27. Lose some weight, this will encourage you to lose more.
28. Replace desserts with fruits--grapes, apples, grapefruit, pears, pineapple.

If you have a homemaking question or problem, you may call 352-8244 or write P. O. Box 488, Appomattox, VA 24522.

Special Opportunity

A new Extension Homemakers club is being organized. This daytime club will meet in the Appomattox County Extension Office on March 29, 1983, at 10:00 a.m. At this meeting, the group will select a name, elect officers, and plan meeting times and programs for the year.

You are invited to join and become a member of an Extension Homemakers Club. Extension sponsored programs, activities and workshops are available to all people regardless of race, color, religion, sex, age, national origin, handicap or political affiliation.

Have a good week!

Recipe of the Week
Spinish Balls

Beat 4 large eggs
Stir in: 2 10-oz. packages spinich cooked (squeeze dry)
1 cup minced peeled onion (chop in blender)
3/4 cup parmesan cheese
3/4 cup melted margarine
1/2 teaspoon salt
1/2 teaspoon thyme
1/4 teaspoon pepper
1/4 teaspoon nutmeg
2-1/2 cups herb seasoned stuffing

Let stand 20 minutes in refrigerator. Roll into balls. Bake at 350 degrees for 20 minutes on ungreased cookie sheet or bake, freeze and heat for 10 minutes.

Thanks to Dorothy Fedison for sharing this deliciously different recipe. This is a great appetizer or party food.

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The family of the late Fred Womack would like to thank everyone for the flowers, cards, calls, and many other acts of kindness shown us during our recent bereavement. Special thanks go to Elliott Florist for the beautiful spray arrangement of ten dozen roses and also for the many other arrangements that were delivered to the Womack home in Charlotte Court House and to the church. May God richly bless you.
Charles Womack, Sr.

NOTICE

The undersigned, Harry G. Lawson, Chairman of the Democratic Committee of the 18th Senatorial District, composed of the Counties of Appomattox, Buckingham, Campbell, Charlotte, Halifax, Lunenburg and Prince Edward and the City of South Boston, hereby gives notice as required that said Committee has adopted a resolution to the effect that the nomination of the candidate of the Democratic Party for the office of Senate from said Senatorial District to be voted upon in the General Election to be held in the Counties and City of said District on November 8, 1983, shall be by the direct Primary method and that a Primary for the nomination of said Democratic candidate for said office shall be held on June 14, 1983, pursuant to the provisions of the State Primary law and Party Plan.

Given under my hand this 11th day of March, 1983.

Harry G. Lawson
Chairman of the Democratic Committee
for the 18th Senatorial District

Paid political advertisement by authority of said Chairman.

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Model RR-700 $399.95
A twist of the wrist does it. Just turn the dial controls until the desired time and power level appear in the display. It makes microwave cooking so easy! You'll also enjoy other quality features like a time-of-day clock, exclusive Rotawave® Cooking System, 700 watts of cooking power and 10-Year Limited Warranty. Ask us for details.
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Any Applicable Taxes Extra. Valid March-April, 1983

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Check and adjust caster, camber and toe-in. Passenger cars only. (Vehicles equipped with MacPherson strut suspensions include toe-in adjustment only)
TOTAL SPECIAL PRICE AS DESCRIBED
$15.00
Any Applicable Taxes Extra. Valid March-April, 1983

DISC and DRUM BRAKE SPECIAL
Disc brakes—Replace front pads, including hardware. Drum brakes-Replace front or rear brake shoes and linings with top quality Ford Authorized Remanufactured Parts. Include hardware. Does not include drum or rotor refinishing or wheel cylinder repair, if necessary. Applies to domestic cars and light trucks, except four-wheel-drive vehicles and F-250 and F-350 trucks.
TOTAL SPECIAL PRICE AS DESCRIBED
Disc Brakes $28.85 Drum Brakes $37.57
Any Applicable Taxes Extra Valid March-April, 1983

AUTOMATIC TRANSMISSION SERVICE
Includes band adjustment, screen cleaning, adjustment of manual and throttle linkage; includes replacement of fluid and gasket. Ford-built vehicles only. Does not apply to vehicles equipped with automatic overdrive or transaxle automatic transmissions.
TOTAL SPECIAL PRICE AS DESCRIBED
$40.31
Any Applicable Taxes Extra. Valid March-April, 1983

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QUARTERED Chicken BREAST lb. 89¢
QUARTERED Chicken LEGS lb. 69¢

TENDER AGED BEEF
Full Cut ROUND STEAK lb. $1.89
Beef CUBED STEAK lb. $2.29
Fritos lights SAVE ON... FRITOS LIGHTS 12 oz. Pkg. $1.29
Pork... LOIN END ROAST lb. $1.49
real special for a real special dinner
Washington Products Sale....
•All Flavors CAKE MIXES (9 oz.)
•GINGERBREAD MIX (7 oz.)
•FUDGE BROWNIE MIX (6½ oz.)
•FROSTING MIXES (6 oz.)
4 FOR $1.00
MR. PIBB, MELLO YELLO, DIET or REG. COKE PLUS DEPOSIT 8/pt. Btls. $1.39
SCOTT PAPER TOWELS BIG ROLL 69¢
GAL. RICHFOOD BLEACH Free! WITH THE PURCHASE OF FAB DETERGENT 84 oz. Pkg. $3.99
PET RITZ PIE SHELLS Pkg. of 5½ $1.49
FLOWERS! RICH GRAIN BREAD 24 oz. Loaf 89¢
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DUNCAN HINES Asst. CAKE MIXES 19½ oz. Pkg. 79¢
All Flavors...DUNCAN HINES FROSTING 16 oz. Can $1.09
GOLDEN GRAIN Macaroni & CHEESE 7½ oz. Pkg. 89¢
w/TRIGGER WINDEX 22 oz. Bot. $1.29
LIQUID CLEANER PINE-SOL 28 oz. Bot. $1.89
CLEANSER AJAX 2 12 oz. Cans $1.00
ALL PURPOSE LIQUID CLEANER AJAX 28 oz. Bot. $1.89
AUNT JEMIMA COMPLETE Pancake MIX 2-lb. Pkg. $1.09
FRENCH'S BOLD & SPICY MUSTARD 9 oz. Jar 39¢
All Vars. KRAFT (20 oz. $1.29) BBQ SAUCE 18 oz. Bot. 79¢
ARM & HAMMER Baking SODA 16 oz. Box 39¢
SKIPPY CREAMY or CHUNKY Peanut BUTTER 12 oz. Jar $1.29
BETTY CROCKER B'BERRY Muffin MIX 13½ oz. Pkg. $1.15
PLANTER'S COCKTAIL PEANUTS 16 oz. Jar $1.89
HUNT'S WHOLE TOMATOES 14½ oz. Can 49¢
KEN-L-RATION Tender CHUNKS 5-lb. Bag $2.29
Richfood Cream of Mushroom or Cream of Chicken SOUP 2 10½ oz. Cans $1.00
SAVE ON... CHEETOS 9 oz. Bag 99¢
JAMES RIVER Pork BARBECUE 10 oz. Can $1.19
RICHFOOD Corn FLAKES 18 oz. Pkg. 89¢

RC 100, DIET RC, Diet Rite or RC COLA Plus Dep. 8/pt. Btls. $1.19
CORONET 2-PLY BATH TISSUE Pkg. of 4 $1.59
HEINZ TOMATO KETCHUP 44 oz. Bot. $1.69
HERSHEY'S Chocolate SYRUP 16 oz. Can 69¢
PURINA CAT FOOD MEOW MIX 3½ lb. Bag $2.39
STAR-KIST Catiuell MACKEREL 2 6½ oz. Cans $1.00
SUE BEE STRAINED HONEY 2½ lb. Cont. $2.49
NIAGARA SPRAY STARCH 22 oz. Can 99¢
LOG CABIN Pancake SYRUP 24 oz. Bot. $1.05
SALAD DRESSING MIRACLE WHIP Qt. Jar $1.59
SUNSWEET PRUNE JUICE 48 oz. Jar $1.19
HUNT'S TOMATO SAUCE 15 oz. Can 49¢
SCOTTIE'S FACIAL TISSUE Pkg. of 200 69¢
LITTER GREEN CAT LITTER 4-lb. Bag 99¢
SAVE ON.... Sunlite OIL 48 oz. Bot. $2.49
DEVILED SPAM SPREAD 3 oz. Can 39¢
BATH SIZE DIAL SOAP 7 Lg. Bars $1.49
Pkg. 50's BAYER Aspirin $1.09
HUNT'S TOMATO PASTE 12 oz. Can 69¢
SUNKIST or Regal Sugar-Free OR...PEPPER Plus Dep. 8/pt. Btls. $1.39

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CATCH OF THE DAY... FISH STICKS 8 oz. Pkg. 69¢
FREEZER QUEEN Frozen DINNERS 2-lb. Pkg. $1.49
MRS. SMITH'S Dutch Apple or APPLE PIE 46 oz. Pkg. $2.49
MINUTE MAID Apple JUICE 12 oz. Can 79¢
MINUTE MAID Orange JUICE 6 oz. Can 49¢
SEALTEST Sour... CREAM 16 oz. Cont. 89¢
SEALTEST Cottage CHEESE 12 oz. Cont. 69¢
LIGHT & LIVELY VOGURT 8 oz. Cup 39¢
SHARP or EX. SHARP CHEESE CRACKER Barrel 10 oz. Stick $1.69
BIRDS EYE CORN on the COB Pkg. of 4 89¢
ORE-IDA Potato WEDGES, PLANKS or THINS 24 oz. Pkg. $1.09

Fresh... Iceberg LETTUCE 2 Large Hds. $1.00
FRESH GREEN CABBAGE lb. 12¢
PASCAL... CELERY Large Stk. 59¢
WHITE... GRAPEFRUIT 5-lb. Bag 99¢
KENNEBEC or KATADIN Certified Seed POTATOES 50-lb. Bag $4.99
RICHFOOD Grade 'A' Large EGGS Doz. 69¢